



## Set Your Stage: Strategies for Success

Your behavior and personal dialogue can sabotage good intentions to keep weight under control. Certain “high-risk” situations can trigger you to eat more than you had planned. The more you put into practice the habits that are listed on the right hand column *before* eating, the sooner you will “set the stage for success.” You’ll be surprised at how a few simple behavior changes can help you reach and maintain your weight loss goals. You’ll end up feeling more energetic and will feel joy and pride!

### Before Eating

Instead of ...	Try ...
<b>Grocery shopping without a list or shopping when very hungry</b>	<b>Grocery shopping from a list and eating something first</b>
<p>When you go to the grocery store on an empty stomach, you are more likely to buy things you might normally pass up, especially high calorie foods. Grocery shopping with a list will help you stick with your plan of achieving a leaner, healthier body and will help you stay within your budget.</p> <p><u>Tips:</u></p> <ul style="list-style-type: none"> <li>✓ Write a menu and shopping list for the week.</li> <li>✓ Post your menu plan on the refrigerator door.</li> <li>✓ Save the menu and shopping list in a folder for future use.</li> <li>✓ To save time at the grocery store, list foods in the order they are located in the store.</li> <li>✓ Make your shopping list from your menu and be sure to use the list. For an interactive menu planner: <ul style="list-style-type: none"> <li>- <a href="http://hin.nhlbi.nih.gov/menuplanner/menu.cgi">http://hin.nhlbi.nih.gov/menuplanner/menu.cgi</a></li> </ul> </li> </ul>	
Instead of ...	Try ...
<b>Waiting until the last minute to figure out what to eat</b>	<b>Planning meals and a shopping list in advance</b>
<p>Planning what to eat for meals and snacks in advance is the key to a healthy diet. It eliminates last minute meal panic which often results in higher calorie, less satisfying, and less nutritious meals. Follow the Food Guide Pyramid to plan a menu that includes a variety of food groups to ensure you and your family gets essential nutrients.</p> <p><u>Tips:</u></p> <ul style="list-style-type: none"> <li>✓ Jot down meal ideas while you’re standing in line or waiting for an appointment.</li> </ul>	

<ul style="list-style-type: none"> <li>✓ Invest a few minutes each week with your family to decide on the menu.</li> <li>✓ The night before, review the menu and pull out meat and ingredients to thaw in the refrigerator.</li> <li>✓ Include easy cooking items along with more involved menus based on schedule (e.g., quick stir fries, crock pot meals, etc.).</li> <li>✓ For healthy recipes: <ul style="list-style-type: none"> <li>- <a href="http://www.nhlbi.nih.gov/health/public/heart/other/syah/syahrecp.htm">http://www.nhlbi.nih.gov/health/public/heart/other/syah/syahrecp.htm</a></li> <li>- <a href="http://www.americanheart.org/presenter.jhtml?identifier=3022161">http://www.americanheart.org/presenter.jhtml?identifier=3022161</a></li> <li>- <a href="http://www.nhlbi.nih.gov/health/public/heart/other/ktb_recipebk/">http://www.nhlbi.nih.gov/health/public/heart/other/ktb_recipebk/</a></li> <li>- <a href="http://www.deliciousdecisions.org/">http://www.deliciousdecisions.org/</a></li> </ul> </li> </ul>	
Instead of ...	Try ...
Buying ready to eat high calorie food	Buying easily prepared/ready to eat lower calorie food
<p>Let's face it; we're all busy these days! Easily prepared, ready to eat "convenience" food doesn't always have to mean high calorie. Compare food labels of processed/pre-packaged products for calories, fat, sugars and salt. If you buy a high calorie version, be sure to balance it with lower calorie foods at that meal or for the rest of the day. You may also try modifying the added ingredients to reduce the overall calorie impact.</p> <p><u>Tips:</u></p> <ul style="list-style-type: none"> <li>✓ Compare food labels. Choose foods that contain: <ul style="list-style-type: none"> <li>- 3.5 grams of fat or less for every 100 calories.</li> <li>- at least 2 grams of fiber per serving</li> <li>- the least amount of added sugars and sodium (salt)</li> </ul> </li> </ul> <p>Suggestions: Select fresh, frozen or canned fruits and vegetables, dried fruit, vegetables without creamy sauces and fruits without added sugar; Reduced fat milk, cheese and yogurt; Whole grains: breads, crackers, cereal, barley, brown rice, dried beans and lentils.</p> <ul style="list-style-type: none"> <li>✓ Plan on plenty of fruits and vegetables for meals and snacks (these are low in calories)</li> <li>✓ Balance out high calorie convenience foods with low calorie side dishes: <ul style="list-style-type: none"> <li>- A smaller portion of high calorie/fat macaroni and cheese can be rounded out with a large tossed salad, lite dressing and a fruit salad instead of eating a large portion of macaroni and cheese by itself!</li> <li>- A slice or two of frozen pizza can be balanced out with a salad, lite dressing and a piece of fruit and skim milk.</li> </ul> </li> <li>✓ Some convenience foods call for added ingredients that can be modified at home: <ul style="list-style-type: none"> <li>- Cut the amount of fat (margarine, oil) the package directions call for by at least half.</li> <li>- Substitute lean ground beef, chicken or tuna packed in water (not oil) in casserole mixes. Try substituting dried beans, soy products (e.g., tofu) or vegetable-based products, instead of meat.</li> </ul> </li> <li>✓ When using prepackaged items like chicken alfredo, or frozen stir fry, add a large bag of frozen mixed vegetables. This will increase the number of servings, dilute the fat and calories and add more fiber.</li> <li>✓ For healthier recipe substitutions: <ul style="list-style-type: none"> <li>- <a href="http://www.americanheart.org/presenter.jhtml?identifier=3007449">http://www.americanheart.org/presenter.jhtml?identifier=3007449</a></li> </ul> </li> </ul>	
Instead of ...	Try ...
Going out for lunch while you're at work	Preparing your own lunch for work a few days a week
<p>By bringing a healthy lunch, you'll have plenty of healthful options to select. This will help decrease temptation for high fat burgers and fries! Bringing your lunch to work saves money, too!</p> <p><u>Tips:</u></p>	

<ul style="list-style-type: none"> <li>✓ Set a goal to bring a healthy bagged lunch at least three days per week.</li> <li>✓ Encourage others to join you to “bring a lunch, save a bunch,” (that is, in money and calories!)</li> <li>✓ If you eat out: <ul style="list-style-type: none"> <li>- Select lower calorie foods: Example: Instead of fries, order a salad or</li> <li>- If you must have dessert, split one with a friend</li> </ul> </li> </ul>	
Instead of ...	Try ...
<b>Relying on vending machines while you're at work</b>	<b>Bringing snacks for work a few days a week</b>
<p>A little planning-ahead reduces unhealthy unplanned eating. By bringing healthy snacks to store in your desk or work refrigerator, you'll have plenty of healthful options to select. This will help decrease temptation for vending machine items mid-afternoon! Bringing snacks to work saves money, too!</p> <p><u>Tips:</u></p> <ul style="list-style-type: none"> <li>✓ Set a goal to bring healthy snacks at least three days per week.</li> <li>✓ Bring low fat crackers, string cheese, sugar-free yogurt, fresh fruits and vegetables, diet sodas or diet lemonade to snack on during the day.</li> <li>✓ Consider taking an exercise break instead of going to the vending machine.</li> <li>✓ Label snacks with the day and time, so you won't be tempted to eat all of the snacks the same day.</li> <li>✓ Pre-portion your snacks into plastic baggies, or buy individually portioned snacks, rather than reaching in for a handful from an entire box.</li> </ul>	
Instead of ...	Try ...
<b>Waiting until you get to a restaurant to decide what to eat</b>	<b>Thinking early about menu choices and how you can work them into your plan</b>
<p>People often eat more calories in restaurants than at home. Why? The portions tend to be larger, there are more “extras” such as bread, sauces, appetizers, etc., and more fat is often used in preparation. If you go into a restaurant without a plan and are extremely hungry, you will not have as much control over your choices. Try to work WITH your hunger vs. AGAINST it.</p> <p><u>Tips:</u></p> <ul style="list-style-type: none"> <li>✓ Check websites or find restaurants that offer tasty and healthy options.</li> <li>✓ Don't go too famished; eat a light snack before you leave to take the edge off your hunger.</li> <li>✓ Consider splitting an entrée with a friend or spouse or order an appetizer/lunch portion.</li> <li>✓ Order a doggie bag with your entrée and put half in the doggie bag right away when served.</li> <li>✓ Restaurant Information: <ul style="list-style-type: none"> <li>- <a href="http://www.bgsm.edu/nutrition/FFMainF.htm">http://www.bgsm.edu/nutrition/FFMainF.htm</a></li> <li>- <a href="http://www.deliciousdecisions.org/oa/index.html">http://www.deliciousdecisions.org/oa/index.html</a></li> </ul> </li> </ul>	
Instead of ...	Try ...
<b>Giving yourself little time for meal preparation and eating on the run</b>	<b>Allowing time for adequate meal planning, meal preparation and eating</b>
<p>Eating healthy does not have to be difficult or time-consuming. When you have the right ingredients available, you can prepare healthy meals quickly and easily.</p>	

<p><u>Tips:</u></p> <ul style="list-style-type: none"> <li>✓ Shift your priorities. Eating well is worth a little extra effort to do it right.</li> <li>✓ Plan a flexible menu for the week that matches what activities you have going on.</li> <li>✓ If you have a 5 PM ball game, plan a crockpot meal that evening and bring a cooler with fresh fruits, pretzels, yogurts for the kids and yourself to snack on.</li> </ul>	
Instead of ...	Try ...
<b>Having high calorie foods visible and easily accessible</b>	<b>Limiting accessibility and visibility of high calorie foods</b>
<p>Have you ever heard the saying, “out of sight, out of mind?” Well, it's true. If that candy dish is not sitting on your desk all day, you won't be tempted to grab a piece every time you see it! First start by asking yourself if you need to buy the high calorie food in the first place. If you do, then develop a strategy to reduce the temptation to eat too much of it. Focus on changing your environment for the whole family.</p> <p><u>Tips:</u></p> <ul style="list-style-type: none"> <li>✓ Store high calorie foods out of sight—in a pantry, hidden in the back of the refrigerator, in an opaque container, etc.</li> <li>✓ Avoid buying tempting foods except on special occasions. Purchase the smallest size possible to avoid over consumption.</li> <li>✓ Do not store baked goods on the counter, but hidden in the freezer or cupboards.</li> </ul>	
Instead of ...	Try ...
<b>Coping with difficult or “high risk” situations as they come</b>	<b>Anticipating and planning for your "high risk" situations by practicing options.</b>
<p>Knowing how you'll cope with inevitable, high risk situations is half the battle! Focus on coming up with options for those daily, predictable situations that are especially difficult. For example, if someone in your office brings in donuts every Friday, come up with a plan for either avoiding the donuts or limiting the amount you eat. Next, think about the possible, unexpected situations that occur from time to time. Thinking back at how you handled high risk situations in the past and examining whether you handled it well or not may help in improving your reaction in the future.</p> <p><u>Tips:</u></p> <ul style="list-style-type: none"> <li>✓ Make a list of high risk situations and how you could cope with each of the situations in a more constructive manner. Save the list in a notebook and periodically read through it and add additional situations as you think of them. Here are some examples: <ul style="list-style-type: none"> <li>– If you have a time of day that you commonly overeat, plan a new activity at that time. For example, if 8 PM is your high risk time then plan an evening walk during the summer or an evening swim at the pool.</li> <li>– Change your routine by watching TV in a room further from the kitchen.</li> </ul> </li> <li>✓ Keep a notebook handy and log in everything you eat and drink as the day goes by so you will be aware of how much you eat and identify a solution.</li> </ul>	
Instead of ...	Try ...
<b>Drinking a lot of alcohol</b>	<b>Setting a goal to limit your alcohol intake</b>
<p>Alcohol is high in calories and may promote weight gain or make it difficult to lose weight. It also decreases your will power. To avoid excess calories, decrease the amount of alcohol you drink and/or choose a lower</p>	

calorie drink.

Tips:

- ✓ Be aware of the calories you are consuming and try lighter versions such as light beer or dry wine vs. sweet wine.
- ✓ Alternate an alcoholic drink with a non-alcoholic, diet (sugar-free) drink, so that every other drink is calorie-free. Set a limit on how much alcohol you would allow yourself to drink ahead of time.
- ✓ Choose a diet (sugar-free) mixer such as diet soda, diet ginger ale or diet tonic water.
- ✓ If you eat out, drink 1 to 2 cups of water before each meal and delay ordering alcohol.

Instead of ...	Try ...
<b>Thinking of a food plan as "terrible", "too hard," and/or "too much work"</b>	<b>Thinking of a food plan as "wise," "healthy," and/or "possible"</b>

Many diets fail due to unrealistic expectations by yourself and people around you. Think of changing your thought process to a positive approach. Involve your whole family and seek their support instead of separating yourself due to a diet.

Tips:

- ✓ Look for success stories in others to inspire you and set achievable goals so you are not overwhelmed.
- ✓ If you have a setback, learn from it and don't get discouraged! Just do better next time.

Instead of ...	Try ...
<b>Thinking "I've got to lose 10 lbs this week!"</b>	<b>Thinking "I'm going to eat healthy and exercise 'reasonably' this week."</b>

Be rational! A goal of 1-2 lbs per week is best for long term weight loss and for loss of body fat vs. muscle and water.

Tips:

- ✓ Challenge irrational thoughts by journaling, talking with friends and/or dietitians and therapists.
- ✓ Eat healthier and exercise at least five days out of the week and the fat will start to come off! It may be okay to allow yourself one "cheat" meal a week as long as you buckle down the rest of the days.

**YOU CAN DO IT! Shape Your Future...your Weigh!™**